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Iowa State Daily

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Caitlin Ellingson/Iowa State Daily
Tyler Brock, freshman in agricultural studies, Logan West, freshman in agricultural business, Andrew Mettry, freshman in chemical engineering, relax with friends in their open room, a once den converted into living space. Because of an increase in on-campus living, many students were placed into temporary housing like these dens.



Iowa State Daily
City manager Steve Schainker discusses the research park at the City Council meeting on April 1 at Town Hall.

City Council discusses Research Park, greek parking

By Molly Willson
@iowastatedaily.com

The Ames city council talked about the ISU Research Park, tree removal on city grounds and parking in the Greek community.

The university and the city of Ames are working together to usher in phase three of the Iowa State Research Park.

The city council passed three resolutions concerning the park.

This park will be an economic investment opportunity for the city, said Steve Schainker, city manager. The city will receive income on the park from taxes that will be paid by the university.

First, council approved a development agreement with the ISU Research Park Development Corporation. Next, they approved a RISE grant with the Department of Transportation. Lastly, the city council passed a resolution that established a Urban Renewal Area, and a date is set for a public hearing on Nov. 10.

Iowa State will fund the Research Park with the city providing water and sanitation lines, as well as the streets within the park.

The Iowa State Research Park is unique in nearly every aspect of its conception, Schainker said. The park is moving into phase three and will cost the University a large sum of money in taxes and development.

The Research Park will begin building The Hub. This building will be held in the Park and combine many offices currently spread across campus into one building. Surrounding the building will be commercial businesses meant to support the research workers in The Hub.

The city also passed a resolution to approve the EAB Response Plan. This plan will remove and treat Ash trees on city owned property that have been affected by the Emerald Ash Borer.

The plan is a 20-year plan, which will involve taking out Ash trees and replacing them. This will be a gradual process with only a percentage of trees coming out and being replaced each year.

The resolution passed by the city council will begin the removal of trees on city grounds only at this point. The budget on this project is around three million dollars.

Iowa State already has a plan in place to deal with trees affected by the Emerald Ash Borer, said Tim Gartin, ward two representative.

Karen Marren, who is on the planning and housing committee, talked about the issue of parking in the greek community. This concerns 40 greek houses.

The Greek Alumni Association provided information to Marren about the amount of greek residents living in the impacted area.

Currently there are about 2,000 greek members living in houses. Only 1,100 parking spaces exist for the members living in the houses.

It was suggested to lower the parking ratio of one parking space for every one bed within the greek house to an easier law for greek houses to meet.

This was what was discussed at press time. Find the full story online.

Converting dens to dorms

Dens made temporary dorms to accommodate increase in on-campus living

By Emily Stearney
@iowastatedaily.com

For roommates Logan West and Andrew Mettry, the only negative side to their unique housing arrangement is having to separate from their roommates and move to a new dorm at the end of the semester.

West, a freshman in agriculture business, lives in a den in Friley with three other people. West and Mettry, freshman in chemical engineering, are two of 401 students assigned housing in the dens at the beginning of the academic year.

Between the fall semesters of 2013 and 2014 alone, the on-campus living population increased by 9.8 percent. Due to these increases in occupancy as well as overall enrollment, students who cannot be offered housing in a dorm room are placed in dens until a room becomes available.

The Department of Residence has chosen to use dens as temporary housing to accommodate the increase in occupancy.

"Our focus is in taking care of our students," said Brittney Rutherford, program coordinator

for the Department of Residence. "At the core of every decision we make, it's 'is this going to serve our students?', and the den space, that was one way to do that."

Rutherford said the dens are not ideal, but the overall purpose is to provide an on-campus living experience for students.

Dens vary in size from dorm-to-dorm, and while having two to four people living in one space might sound upsetting to some people, to West, Mettry and their two roommates, living in the dens was a better alternative to living in a dorm room.

"We all graduated [high school] together," West said.

He and his three friends were originally placed in different dorms, but chose to move to the dens to start the semester off together.

"We woke up at like five in the morning [on vacancy day] and we were looking through rooms and stuff to see if we would be able to room together," said Tyler Brock, freshman in agriculture studies and West's roommate.

For West and his friends, living in the den was optional. After two months living together, they have a single complaint.

"I think it's great other than the fact that we have to move out," West said.

An overall positive opinion on den living is not uncommon. Students living in the dens have made connections and friendships in their current dorm but may have to move across campus at the turn of the semester.

Many students believe that once the semester is over they're on their own in terms of living arrangements. This is not the case, according to Rutherford.

The process of switching from dens to dorm rooms has run smoothly in the past, with students dropping out and moving at the end of the semester, opens up dorm room positions for those living in the dens, Rutherford said.

Students can use AccessPlus to check if dorm rooms are available, and although the possibility of not having enough openings exists, Rutherford said students would not be removed from the dens.

From 2005 to 2013, on-campus occupancy grew by 42.5 percent, while enrollment grew by 29 percent.

DENS p8

Young adults deemed essential within voting process



Kelby Wingert/Iowa State Daily
Jim Mowrer talks with students at a voting rally at the Margaret Sloss Women's Center on campus on Tuesday. Mowrer is running for Congress in the midterm elections this year.

By Makayla Tendall
@iowastatedaily.com

Sen. Tom Harkin, D-Iowa, and Jim Mowrer, candidate for Congress, came to campus Tuesday afternoon to tell students how important their votes are in elections.

Zoe Kustritz, junior in industrial design, helped organize the event and get students to attend. Both Mowrer and Harkin came to rally voters for early voting, she said.

"We have this unique opportunity on campus with in-person early voting. That's a big deal. It's important that we get people out to vote here," Kustritz said.

Mowrer also spoke to students about how important it was that they take advantage of voting.

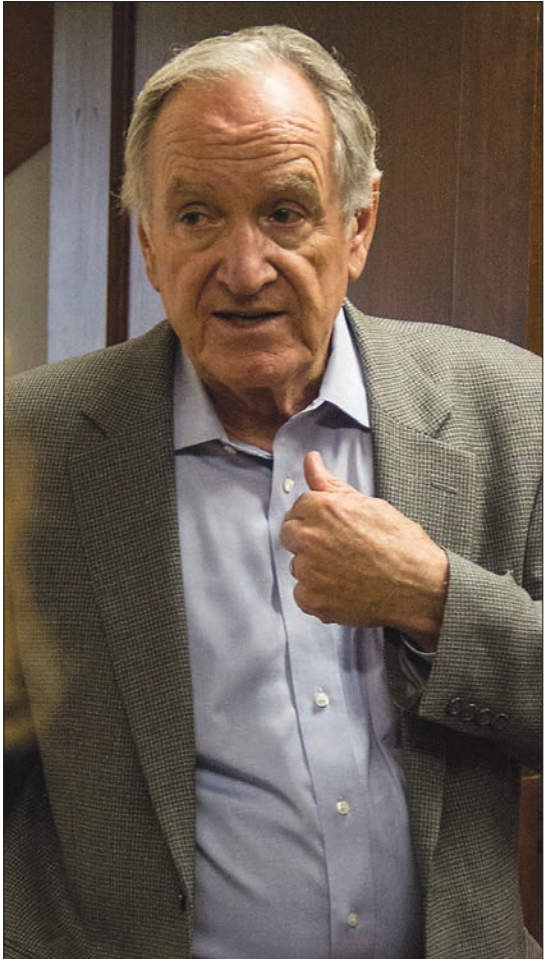
Not only is it their right and duty to vote, but college students now will be leaders in the next elections.

Decisions made now will affect them later, he said.

"There's no reason not to vote. As younger Americans, as younger voters, as younger Iowans, we have the most at stake. Our generation has to take action," Mowrer said.

Mowrer also spoke to stu-

RALLY p8



Kelby Wingert/Iowa State Daily
Sen. Tom Harkin, D-Iowa, visited campus in order to speak to students about the importance of young adults and college students' contributions to the political process.

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63
41

THURSDAY

Partly sunny and warmer with winds out of the SW at 5-10 mph.

67
43

FRIDAY

Sunny and breezy with winds from the NW 10-20 mph, gusting at 25 mph.

61
47

Weather provided by ISU Meteorology Club.

Police Blotter

The information in the log comes from the ISU and City of Ames police departments' records.

All those accused of violating the law are innocent until proven guilty in a court of law.

Oct. 3

An officer investigated a property damage collision at South 16th Street and Christensen Drive (reported at 3:18 p.m.).

cited for underage possession of alcohol at Knapp Street and Stanton Avenue (reported at 12:23 a.m.).

Oct. 4

An officer assisted building personnel with a mechanical issue at Sweeney Hall (reported at 8:03 p.m.).

Sara Hinson, 18, of 1525 South Grand Avenue, Apartment 402, Ames, was arrested and charged with public intoxication at Hayward Avenue and Lincoln Way (reported at 12:47 a.m.).

Michael Fan, 18, of 1917 Stormy Court, Schaumburg, Ill., was cited for underage possession of alcohol at Gray Avenue and Sunset Drive (reported at 10:07 p.m.).

Tyler Grieser, 21, of 636 Jewell Drive, Ames, was arrested and charged with possession of a controlled substance (second offense) and possession of drug paraphernalia at 100 block of Welch Avenue. He was additionally taken into custody on a warrant held by the Polk County Sheriff's Office (reported at 1:27 a.m.).

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Individual reports robbery in campus parking lot

By ISD Staff

The Iowa State Police Department said an individual reported being robbed at 12 p.m. Tuesday in a parking lot on campus.

According to a timely warning sent out to students, the individual was

in Lot 112N, a parking lot just east of Frederiksen Court near Haber Road and 13th Street.

The victim said he was approached from behind by an unknown male who demanded money and was possibly armed with a knife. The man was described as a 6-foot-tall male wearing

a black hoodie, dark sunglasses and black sweatpants.

Anyone with information regarding the incident is encouraged to call the Iowa State University Police Department at 515-294-4428.

The Iowa State Daily will follow up with this story.



Iowa State Daily

Men's basketball single-game tickets go on sale Oct. 22

By Alex.Gookin @iowastatedaily.com

ISU fans wanting to attend men's basketball games this season will have to snag them when single-game tickets go on sale, as season tickets have sold out for the first time in school history.

A limited number of

single-game tickets will go on sale beginning at 8 a.m. on Wednesday, Oct. 22, for purchase online, by phone or in person.

Fans will be limited to a maximum of four tickets per game due to limited ticket inventory.

Fans are encouraged to purchase tickets online.

In past years, single-

game tickets have sold out quickly and online purchasing is the quickest way to reserve tickets.

The Cyclones sold out a record 13 games in Hilton Coliseum last season during the team's 28-8 campaign that ended in the Sweet Sixteen at the NCAA Men's Division I Basketball Championship.

Heart, stroke screening offered

By Matthew.Rezab @iowastatedaily.com

The HeartReach Mobile Lab will be administering heart disease and stroke screenings from 7:30 a.m. until 1:30 p.m. today in Lot 29, north of the molecular biology building.

Heart disease and stroke are the first and

third leading causes of death in the United States and Iowa.

HeartReach Mobile Lab offers heart and stroke risk assessments, blood pressure tests, blood sugar and cholesterol level tests, body weight measurements and EKG testing.

A cardiovascular nurse will also be available to give patients a

personalized analysis of their heart disease and stroke risk.

A complete screening is \$95.

Other combined test packages will be available at lesser prices.

An individual test or screening is \$35.

HeartReach requests appointments be made ahead of time by calling 1-866-935-5432.

Online Content

MORE INFO

Meditation tips

Stressed out about midterms week? After reading the Daily's story about Buddhist meditation, go online or on the Daily's app to find more information.

Check out a list of meditation tips to keep your stress low this week.

PROGRAM

Iowa State launches ExerCYse Time

A new program was created to help Ames youth be more active and give ISU students a volunteer opportunity. Kids can play games in Forker each Friday afternoon. For the full story, check out the Self section of the Daily's website.

FOOTBALL

Players impact ISU defense

Despite some early struggles, the ISU defense is showing improvement. Cornerback Kamari Cotton-Moya and linebacker Jared Brackens had top performances against Toledo. Read the full story in the sports section of the Daily's website.

TENNIS

Cyclones prepare for regionals

The Intercollegiate Tennis Association regional are coming up for the ISU tennis team. There, the Cyclones will face their biggest competition yet. Find the full story, check out the sports section of the Daily's website.

GOLF

Women wrap up tournament

The ISU women's golf team wrapped up the Betsy Rawls Longhorn Invitational on Tuesday before starting the Stanford Intercollegiate on Friday. To read how Iowa State performed, go on the sports section of the Daily's website.

Corrections

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.

IOWA STATE DAILY

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Fall & Spring sessions:

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Exploring campus differently

Step Into My World allows students to experience mobility disability

By Vanessa.Franklin
@iowastatedaily.com

Philip Durkee grabbed a hot dog and fries and wheeled off as quickly as possible.

Durkee, a graduate assistant, took part in Step Into My World, an event that took place as part of Disability Awareness Week. As part of the event, Durkee had to navigate Union Drive Marketplace and get himself food while using a motorized scooter.

Although Durkee has no disability, Step Into My World allowed students to explore campus using a motorized scooter to simulate mobility disability. The event's goal was to help people understand what it feels like to have a disability.

"Things just take longer to do and I was worried about being in other people's way," Durkee said.

Durkee said he already started to understand difficulties that students living with disabilities go through every day, despite using the scooter for only a short time.

"Just this little half hour isn't even close to what a life of disability feels like," Durkee said.

While being confined in the scooter, Durkee said he felt as if people were looking at him differently. He also said he felt he constantly needed to be planning the easiest routes to take with the scooter.

Several students opened doors for him and

one girl gave up her table so he could have an easily accessible table.

"I've definitely noticed some looks, not necessarily bad ones, just people staring a little longer than normal," Durkee said.

While the event suffered from low attendance, Durke said he wishes more people would participate in the future.

"[This event] kind of reinforces the stereotype," Durkee said. "It reinforces the privilege I have too because I can try out this chair, but I have the ability to step out of it at any time."

Steven Moats, director of Student Disability Resources, has been running the event for ten years since he began working for student services in 2004.

"The world is designed for people with mobility," Moats said. "Participants get a short glimpse of what it feels like to not have that mobility."

Moats said in past years the event was even more elaborate, with ramps and obstacles for students to use. They were unable to use them this year due to storage problems.

Student Disability Resources provides students with programs, services, and facilities for students with disabilities. Moats stressed that not all students have disabilities that are visible to the naked eye.

Moats also said one way to provide assistance to students with disabilities is something as simple as professors posting their lecture notes a few days



Korrie Bysted/Iowa State Daily
Philip Durkee, graduate student studying student affairs, participates in the Step Into My World event during Disability Awareness Week. The purpose of the event is to allow students without disabilities to experience what it's like to go around campus as a physically disabled student.



Faculty Senate discusses textbooks, high enrollment

By Emi.Soupene
@iowastatedaily.com

The ISU Faculty Senate discussed textbook adoption, employee benefits and their annual Non-Tenure Eligibility report.

On Tuesday, the Faculty Senate met for the second time this year in the Great Hall of the Memorial Union. The Government of the Student Body also briefly shared a few of their current projects.

Jonathan Wickert, senior vice president and provost, gave his annual Non-Tenure Eligibility report.

Non-tenured staff positions are the positions that are up for renewal based on performance at the end of an employee's term. Some of the NTE faculty include professional clinicians, instructors and researchers.

According to Wickert, hiring a mix of tenured and non-tenured faculty members is crucial for proper

balance.

"It's a balance of research and meeting advanced educational needs," Wickert said.

A few members from the University Bookstore also spoke about their textbook adoption program and the use of eBooks.

This year the Bookstore had over 400 eBooks available and sold over 1,000 units, an increase from last year's 371 eBooks available and 674 sold.

EBooks are a more af-

fordable alternative to traditional print textbooks. However, some people prefer a physical book to a digital one, they said.

"Change is good, right?" said Rita Phillips, director of the UBS.

Hillary Kletscher, GSB president, also spoke at the meeting and presented a few of their current projects. They recently opened a Student Loan Office on the first floor of Beardshear.

"[Loans are] one of the biggest stressors for stu-

dents in their day-to-day lives," Kletscher said.

The loan office is a place where students with loans can voice their financial concerns with professionals and try to work through any payment difficulties.

Iowa State's increasing enrollment was another hot topic, Kletscher said.

"Student population is a huge topic," Kletscher said about students' concerns with increased enrollment.

GSB is gathering input from students and talking about concerns with administration in order to learn how to cope with student population.

"Students can voice their concerns, ask questions and really make sure their voices are heard so we may continue to provide [an]...Iowa State student's needs," Kletscher said.

The next Faculty Senate meeting is at 3:30-5:00 on November 11th in the Great Hall of the MU.

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Kyle Schlichting/Iowa State Daily
Neil Vezeau, Emily Schwake, Chelsea Pilipiszyn, Macenzie Johnson and Elizabeth Bartlett are members of the newly formed Vets Without Borders club at Iowa State.

New vet club aims to help animals globally

By Emi.Soupene
@iowastatedaily.com

A new club on campus is forming for people who want to help animals all over the world called Veterinarians Without Borders. Veterinarians Without Borders is a club that gives students interested in veterinary sciences the necessary skills to travel to less developed countries and do things such as neuter and spay feral animals and keep livestock healthy. “Veterinarians With-

out Borders draws attention to different opportunities in veterinary medicine that may not be known otherwise,” said senior Neil Vezeau. Veterinarians Without Borders aims to inform students of lesser-known opportunities in the veterinary field, prepare them for the “real world” and help develop worldwide animal agriculture. The club plans to launch in the near future, Vezeau, the chapter founder, submitted the constitution for the club to the

Government of the Student Body on Oct. 6. Veterinarians Without Borders plans to go on one trip abroad each year, and hopes to start traveling as soon as the funds and necessary resources are available. Unfortunately, they may not be available for a couple more years. The club is overseen by advisers Mike Rentz, lecturer for natural resource ecology and management, and Jennifer Bundy, lecturer in animal science. “This is a great chance

to get involved,” Bundy said. Bundy said the secondary goal of the club is global animal health because many diseases are zoonotic, meaning they can actually be spread between humans and animals. Prominent zoonotic disease include AIDS, ebola and malaria. Keeping animals healthy is an effective way to keep humans healthy, she said. “We’re all in this together, all of humanity, all of the entire planet,” Rentz

said. “The health of animals affects us politically, economically, socially and in our health.” Global animal health is important because many people, especially in less developed countries, rely on animals such as goats and cattle for their own livelihood. Students who are not pre-veterinary majors can join the club, but having some background in animal sciences may be useful. Veterinarians Without Borders was originally slated to be a part of the

pre-veterinary program, but was made separate due to high interest in the club. Rentz estimated that the majority of the program will be made up of undergrad pre-veterinary students, due to interest and availability of the students. “[Veterinarians Without Borders] is open to anyone who is interested,” Vezeau said. Iowa State is not the only school to offer a Veterinarians Without Borders club. Texas A&M also has a chapter.

Use meditation techniques to ease midterm frustration, stress

By Emily.Eppens
@iowastatedaily.com

Midterm week is upon the campus, and so is the

stress that many students face while studying for exams among their already busy schedules. The stress is apparent throughout Parks Library

with students’ faces buried into textbooks. In the midst of the busy college life, it can be difficult for students to balance their busy class schedules, work and vari-

ous other student clubs and activities while trying to make time to study for an exam. The presence of midterms on campus does not worry Connor Bright, senior in psychology and president of the Dizang-Qi Buddhism Club. He said the Buddhist practice of meditation has helped him deal with stress in his life. “The worst thing about my major is that all my midterms are night exams,” said Sean Gay, freshman in meteorology. “I was pretty stressed, I had class all day and then night exams, and I was working. I was staying up really late at night and wasn’t getting very much sleep.” Gay said that some of the things he does to calm stress is to try to get plenty of sleep, take 15 minutes to call a friend and even taking time after exams to relax and catch up on a favorite TV show. But he had never thought of using meditation as a way of dealing with stress. He said meditation confused him. When he tried to sit in quiet and not think about his stress, he ended up thinking about everything even more, making him more stressed out then he already was, he said. “Most people think about [meditation] in the wrong way,” Bright said. “They think that they can just sit down and shut themselves up [to calm stress], but that’s not what you do. You have to develop this concentration and this focus.” Jie Shao, a sales manager at Lihuatech Co. Ltd and a supportive member of the club, said he tries to put himself in other people’s shoes and be open to helping others when it comes to dealing with stress. He thinks the Buddhist meditation method helps with stress and can help others. “I don’t want suffering, and at the same time others do not want suffering,” Shao said. “If suffering is not good, then we should help them eliminate their sufferings too. This is the reason [Buddhists] often do analytical meditation, to understand why we should



Kevin Larson/Iowa State Daily
Jie Shao, a sales manager at Lihuatech Co. Ltd, is a member of the Dizang-Qi Buddhism Club. He believes that Buddhist meditation can help with stress, which is especially useful around the midterm season.

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give people love and kindness.” A couple of the meditation techniques practiced in the club are Samatha, which focuses on a single point, such as breath, and helps to calm. Another is Vipassana, or seeing reality as it really is by self-observing how the body physically senses and how those senses connect to the mind. “We focus on the mind. The purpose is to improve mind quality,” Shao said. Observing the feeling of stress can help prevent people from acting out in hostility. “Suppression is different than observation,” Bright said. “Feelings are not in control of you. You are in control of them.” During the year, the Buddhism club meets on Saturdays to learn about Buddhism and practice meditation techniques. The club is open to all students, because meditation is a secular practice.

While practicing meditation, the members are asked to be patient while they learn. One of the doctrines Buddhism is based on is called anatta, the practice of no-self. Shao said the idea of no-self is not only to love God, but to love his creation as well. “No self does not mean no self-esteem,” Shao said. Midterms can be daunting and seem like they will never end. But Bright and Shao urge students consider meditation as a stress relief option. “It’s not all about how you meditate, it’s more about putting in a good amount of effort,” Bright said. “[Meditation] is a long term thing. It changes how you interact with the world around you.” If students have any questions concerning meditation or the Dizang-Qi Buddhism Club, they can contact Conner Bright at cwbright@iastate.edu or go to student clubs on the Iowa State website.



Courtesy of Wikimedia Commons

ISIS needs to be dealt with soon

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.



200 and counting

Johnson-Lynch reaches new heights with ISU volleyball

By Harrison.March
@iowastatedaily.com

None of this was planned. Not the revitalization of a sinking program, not the eight straight trips to the NCAA tournament, not the numerous All-Americans nor the hundreds of career victories.

Fortunately for Christy Johnson-Lynch, fate isn't planned.

Christy Johnson, as she was known at the time, was once a household name for volleyball fans. After a stint with the U.S. Junior National Team, the Nebraska Cornhuskers' star setter was making history in the mid '90s.

The Huskers captured three Big Eight crowns with Johnson-Lynch on the roster, including two during her years as a starter in 1994 and 1995. To this day, she still holds the top two school single-season records for assists per set with 14.18 and 13.90.

Her work ethic and the achievements it resulted in left an impact on the program that former head coach Terry Pettit still remembers 20 years later.

"She was obviously a great player and a very passionate one, too," Pettit said. "Christy always took charge of her own development, putting in time before and after every practice. Even on holiday breaks, I'd come in and there she was, practicing."

That hard work paid off in the form a 63-2 record as a starter and the 1995 national championship, the first in Nebraska's volleyball history.

But soon, the former two time All-American setter found herself behind a desk, using her education degree to teach math to ninth and tenth graders at her alma mater Millard North High School in Omaha.

"I didn't love it. It was just okay," Johnson-Lynch said. "First year teachers have it tough. It's not an easy profession and in my first year there, it was stressful and exhausting."

The job wasn't all bad though. When the final bell rang to send her students home, Johnson-Lynch got to grab her whistle and head to practice.

"I loved the volleyball part of it. That was the best part of my day," Johnson-Lynch said.

Then, after just one season coaching her alma mater, seemingly out of nowhere, the phone rang. On the other end was John Cook, head volleyball coach at the University of Wisconsin, with an offer Johnson-Lynch could not pass up.

"I recruited her to Nebraska and she was a special player there, both in her leadership and ability," Cook said. "She understood the idea of a winning tradition."

The move to NCAA coaching was not seamless, though, as Cook recalled Johnson-Lynch had some struggles her first year on the job with the Badgers.

"She wasn't quite ready that first year, but we were trying to build a program and she was a big part of that," Cook said. "I felt it was worth hiring Christy because of all of the intangibles she brings. That's what really makes a great role model [for players]."

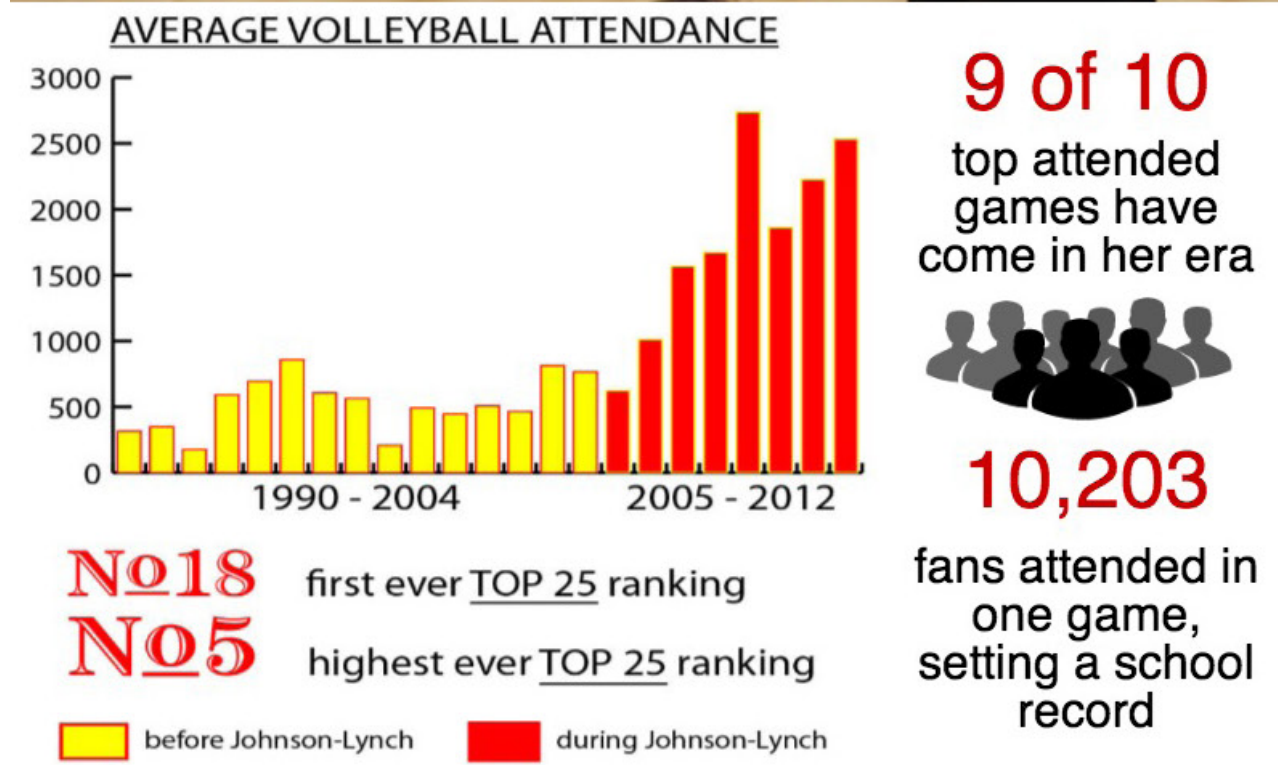
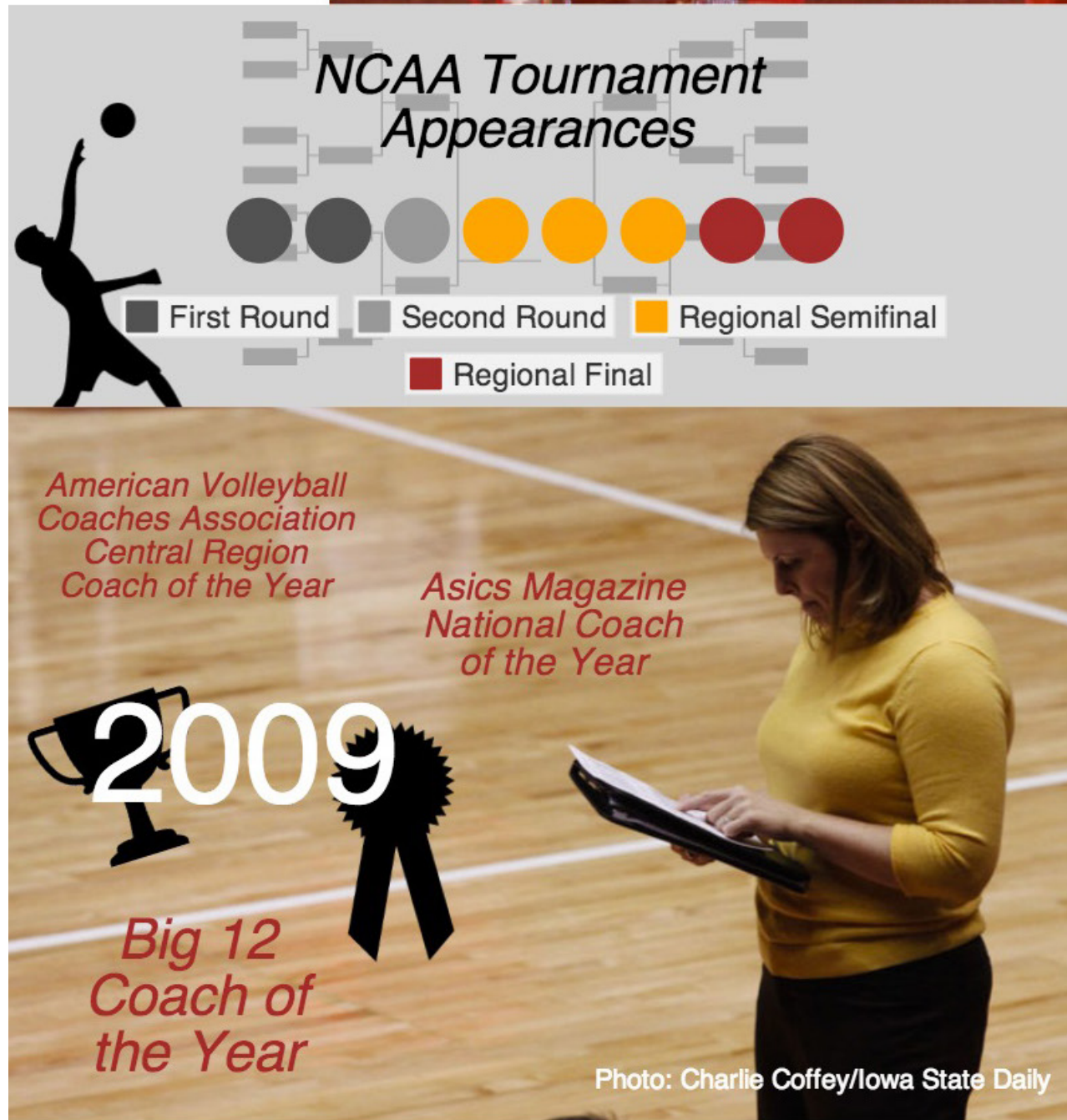
Despite the rough transition, Johnson-Lynch knew she had found her calling.

"I completely happened into it, but after my first day on the job, I knew this was the profession I wanted to be in," she said.

Johnson-Lynch quickly got past that learning curve. However, in eight seasons at Wisconsin, Johnson-Lynch helped lead the Badgers to a

Women's Volleyball coach, Christy Johnson-Lynch, is the longest tenured coach in Iowa State's volleyball history

Photo: Charlie Coffey /Iowa State Daily



212-54 record that included three Big Ten titles, three NCAA tournament regional finals and a spot in the 2000 NCAA DI Championship match.

But on Dec. 17, 2004, her phone rang again, and as is the case with many accomplished assistant coaches, Johnson-Lynch got plucked by another school for a head coaching vacancy.

It wasn't just any school, though. It was one she had played at before, where she boasted an unbeaten record as a starter

for Nebraska in her playing days. The school was Iowa State University.

Johnson-Lynch admitted at first she had some reservations about coaching for her old conference foe but quickly overcame them as the chance became more real.

"Oh, for sure there were [those feelings]," Johnson-Lynch said with a laugh. "I came and played here every year but I couldn't tell you anything about the campus or the town. That part was ignorance, but it was also a little surreal for

me...I don't know what I had planned on, but coming to Iowa State just wasn't in my plans until the opportunity seriously presented itself."

The challenge Iowa State presented for Johnson-Lynch was huge. She was taking over a program that, in 32 years of existence, had lost more matches than it had won. The previous two coaches combined for just seven years on the ISU job and amassed a 42-164 overall record, including 8-112 against conference opponents.

A downward-spiraling program could not deter Johnson-Lynch, as she quickly began turning the Cyclones around. In 2005, Iowa State finished with a 16-15 record and tied for sixth place in the Big 12, the first winning record and highest conference finish in a decade. That's when the Cyclones really started to take off.

"Some coaches come in and they get rid of a lot of players and it's like everything is changing, but I didn't feel like that was the thing to do," Johnson-

Lynch said. "I felt like, 'I'll come in and do what I do.' We didn't change everything overnight."

In six of the eight years since then, Iowa State won at least 20 matches, the only exceptions coming in 18- and 19-win seasons. Each of those eight years, the Cyclones secured a bid in the NCAA tournament and twice advanced to the Regional Finals (round of eight).

Attendance has skyrocketed along with the team's trajectory under Johnson-Lynch's guidance. The ISU volleyball team's attendance has ranked top-20 in the country seven years running. On Nov. 7, 2009, the team set a state of Iowa record when 10,203 fans packed Hilton Coliseum to watch Iowa State host Nebraska.

"The day we had 10,000 people at our match in 2009, that was one of the more special days I've had," Johnson-Lynch said. "To see that many people supporting us was pretty cool. It's not even just that one — when I look up and see 3,000 people I feel such a sense of accomplishment knowing we came from about 600 per night."

Now just two months away from having spent 10 years in Ames, the ISU volleyball program is practically unrecognizable compared to the pre-Johnson-Lynch era.

With an overall record of 200-97 after Tuesday night's win at South Dakota, Johnson-Lynch is the winningest coach in team history by more than two seasons' worth of matches. As the tenth coach in ISU volleyball history, she owns 27 percent of its wins.

Having a winning record at 200 victories coaching the cardinal and gold puts Johnson-Lynch in elite company with former men's basketball coach Johnny Orr and current women's basketball coach Bill Fennelly.

"I certainly don't feel like I'm the level of coach they are," Johnson-Lynch said. "Those are legendary coaches, people that I look up to. I don't know that I'm in their category yet, but hopefully I'll get there."

Though the achievements of her tenure at Iowa State are unprecedented, Pettit said it makes perfect sense in Johnson-Lynch's case.

"It's certainly not a surprise that she's been successful as a coach," Pettit said. "I don't know that anyone could predict a former player would have the type of success she's had with a program that was so dismal when she arrived, but I'm not surprised it's been her. I'm very happy to see her come this far."

Johnson-Lynch acknowledged that, while she has enjoyed an immense amount of success, she has plans for more — a Big 12 title and Final Four appearance among them.

As Johnson-Lynch and her coaching staff work towards those goals, she's taking the time to reflect on how one phone call from, of all places, the middle of Iowa forever changed both her life and the ISU volleyball program.

"A lot of people ask me how I turned it around here and I always tell them there's no secret," Johnson-Lynch said with a smile. "We just worked really hard to find the right players to fit our program. It's the hard working, down to Earth kind of person that comes to Iowa State."

"Every day I'm reminded that I want to do this at the highest level. This is so much fun. This is what I'm born to do. This is what I'm meant to do — and that's a cool feeling."

Richard Martinez/Iowa State Daily

Sleeping matters

Getting enough sleep greatly impacts students' health, grades

By Hannah.Marsh
@iowastatedaily.com

Studies conducted by the National Sleep Foundation reported that around 70 million Americans between 1999-2004. Therefore, it may come as no surprise that college students have adapted a disorder of their own, commonly known as the "pull-an-all-nighter" syndrome. This disorder haunts those in hopes of remembering material that is impossible due to lack of sleep.

Did anyone attempt studying until 4 a.m for that 8 a.m biology midterm last week? Think about how much information you actually remembered from cramming and what went out the window once entering the testing center.

Now, think about the correlation between sleep and memory. It is actually impossible for one to properly remember and process information learned without adequate sleep. So how can one maximize sleep time and still be a college student? By finding balance.

"There is a lot of pressure on college kids nowadays," said Francesca Johnson, junior in psychology. "...it's hard to keep a balance."

Well, what happens when balance isn't found?

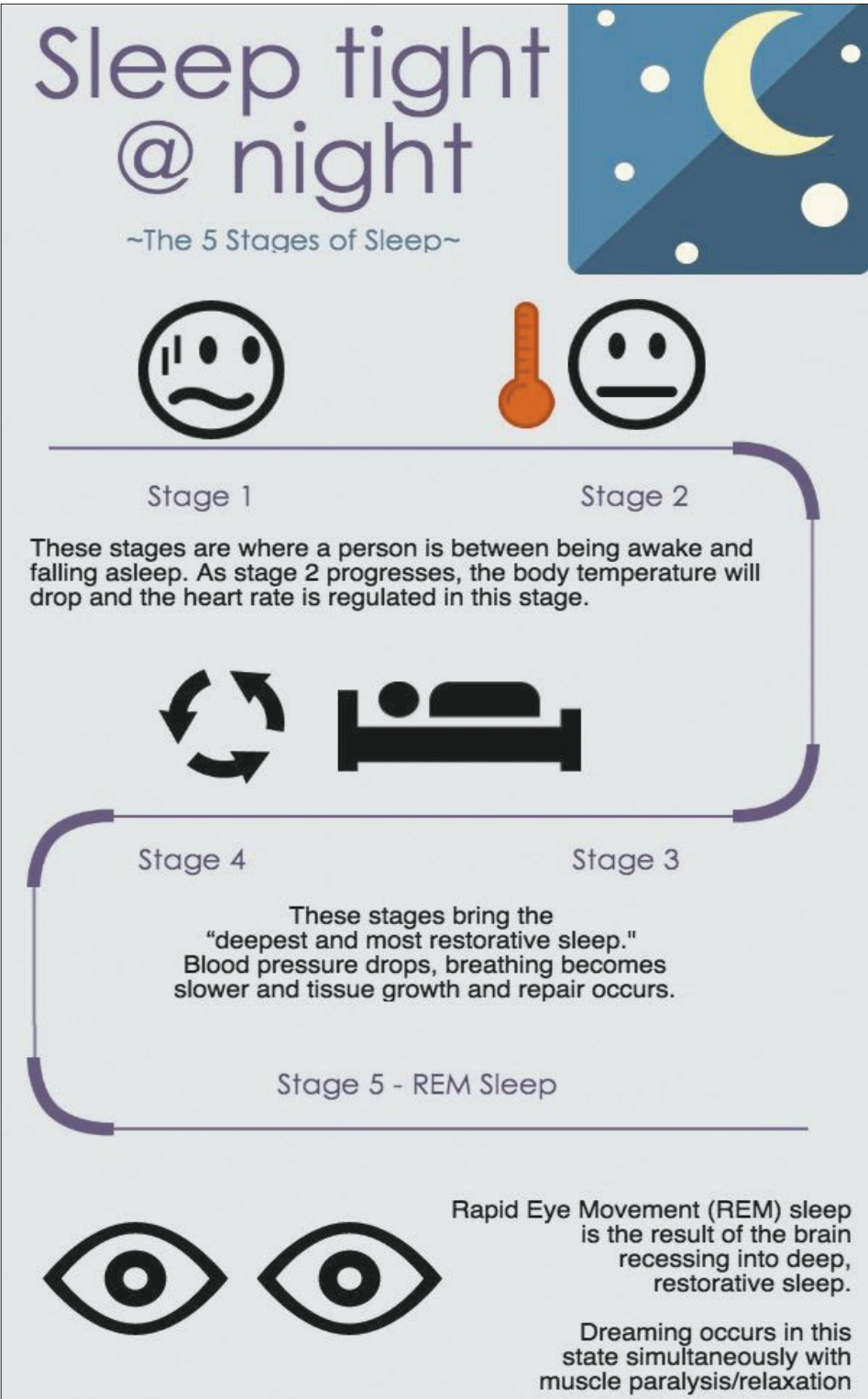
"Some short-term physical consequences are a slower metabolism and weakened immune system, on top of your body simply being physically tired," stressed Carina Hanson, senior in kinesiology and health.

Sleep deprivation causes irritability, affects judgements and can make one feel drunk or hungover by not allowing complete rejuvenation from daily stress. It is also associated with obesity and increased obesity risks.

Averaging less than 6 hours of sleep a night doesn't give the body enough time to finish all of the phases of sleep.

Someone who has had a good night's sleep will pass through the five stages of sleep cycle every 90 - 110 minutes. The National Sleep Foundation recommends seven to nine hours per night for college students, and each stage is vital to every individual's overall health.

"The more sleep you get, the more you feel in control of your life and your body," said Johnson.



Richard Martinez/Iowa State Daily



Jonathan Lacznik/Iowa State Daily
During flu season, it's difficult to stay healthy and at the top of your game. When coming down with a cold, here are a few simple foods and drinks to stop your cold in its tracks.

Eat certain types of food in order to fight the flu

By Lauren.Lee
@iowastatedaily.com

WATER
Continually drinking water and other fluids helps prevent illnesses by allowing the body to stay hydrated.

TEA
Teas, particularly green tea or other herbal teas, are rich in antioxidants which support the immune system in fighting diseases and aid in congestion alleviation.

BROTH-BASED SOUPS
Broth-based soups are a great way to provide the proper fluids needed for hydration while also filling up the stomach and supporting the immune system.

FRESH FRUIT
Consuming fresh fruit, particularly citrus fruits,

on a daily basis will not only provide important vitamins, but also aid in sickness prevention due to their high levels of Vitamin C and cold-fighting antioxidants.

SPICY FOODS
Spicy foods are surprisingly a great decongestant method for a sick individual with a stuffy nose or congested lungs.

"Making sure to eat a wide variety of foods can help you get all of the micronutrients you need to support a healthy immune system," said Joran Colby, a senior in dietetics.

Activist video inspires viewers

By Jasmine.Schillener
@iowastatedaily.com

10 Billion Lives, a pay-per-view activism tour, pays people \$1 to watch a 4-minute video about factory farming on Monday and Tuesday of this week in efforts to change students view on their diet.

The vehicle students lined up against, funded by donations from the Farm Animal Rights Movement (FARM), has been on the road since May of 2012 and hopes to continue traveling to music festivals and many more college campuses.

Matt Anzis, founder of the Ethical Eating Club and senior in mathematics and philosophy, explains why students should be aware of this event and why it is so important.

"Our goal is to get people thinking about if their diet is ethical or not," said Anzis. "We want people to have an argument or reason for why they have their view."

Celeste Welshhons, sophomore in business, shares her experience and personal beliefs after watching the video.

"I took 4 years of Ag-science and a lot of people deny that videos like this are true, but I believe it is," Welshhons said. "It actually caused me to become a vegetarian. Many animals are killed while still thoroughly conscience. It's just awful."

Lauren Balkema, president of the Ethical Eating Club and freshman in marketing, explains that many people already have an image in their head about farming practices, but a lot



Korrie Bysted/Iowa State Daily
Paige Cannella and Zach Merfeld, freshmen in agriculture studies, watch the four-minute video at the 10 Billion Lives Tour bus on Tuesday, Oct. 14.

of them are not accurate.

"I think a lot of people have the wrong idea about what it's really like on the majority of the meat producing and dairy producing farms," Balkema said. "It's especially hard here with so many people growing up on family farms, but people need to know that not everywhere is like that."

The event has definitely raised some debate from some of the Ag students on campus.

"Most Ag students that come here will call us out and tell us we're not accurate and the video we're showing is about the complete extremes of the meat industry," said Anzis. "But it's actually not, it's a USDA stat that this is how 95% of animals are treated."

Most students are having a positive reaction to the video and are walking away with thoughts about their own eating habits.

"Most people's reason for eating meat is either it tastes good or it's very practical. It's a cultural tradition," said Anzis. "I don't think that's a very good reason given the fact that we're unnecessarily killing things to carry out that tradition."

The Ethical Eating Club hopes to have the 10 Billion Lives tour visit again next fall and are also planning on organizing similar events, like this one, throughout the year.

"Back when we as a species were fitting for survival we needed to eat meat as well as anything else we could get our hands on," said Anzis. "But in today's civilized society, we have options. So it's time to end the tradition."

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Horoscopes

by Linda Black

Today's Birthday

(10/15/14)

Play your passion with friends for most impact this year. Share community support. Artistic creativity bubbles. Pursue a dream that speaks to your spirit. Partnerships evolve, and new income opportunities heat up. Pour yourself into your work, especially through 12/23. After that, a communications project takes over. Breakthroughs at work lead to new confidence. Express love and gratitude.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.



Aries -9
(March 21-April 19)
Study and prepare for all the contingencies you can imagine. A windfall rains down. Let it sink in. A hidden danger lurks on the road ahead. Be skeptical of "too good to be true". Advance by repaying a debt.



Libra -8
(Sept. 23-Oct. 22)
Be careful now. A work-related bonus rewards past efforts. Plan your steps before launching new projects. Arrange better storage space. Take an important call. Reaffirm a commitment.



Taurus -8
(April 20-May 20)
The truth gets revealed. Your cleverness with business and communications serves you. Finish an old project. Stand firm regarding your commitment. Resist the temptation to show off.



Scorpio -8
(Oct. 23-Nov. 21)
Call on your superpowers today. Use your secret strengths and determination to breeze past roadblocks. Take action for what you want. Grasp an opportunity. Meet hostility with grace.



Gemini -9
(May 21-June 20)
Avoid impetuosity. Seek private counsel before choosing your course. Don't get stuck with your pet theory. Learn the rules. Adaptations and compromises may be necessary. Clear up clutter.



Sagittarius -9
(Nov. 22-Dec. 21)
Handle routine chores and mundane paperwork, especially regarding finances. Count the take in private. Ask your partner what they want. Resist the temptation to splurge on toys.



Cancer -9
(June 21-July 22)
Financial shortages could get annoying, while resolvable. Beat a looming deadline. All does not necessarily go smoothly. Determination and will power get you farther than doubt or skepticism.



Capricorn -9
(Dec. 22-Jan. 19)
Play an old game you enjoy. Don't overdo the muscle! You can accomplish some of your goals, and some need postponing. Get expert advice from a partner. Focus on basics. Keep careful records.



Leo -9
(July 23-Aug. 22)
Don't borrow or lend today. The pace quickens, so increase your intention level to focus on the job at hand. Let a female chair the meeting. Cut unessential obligations. Avoid a mistake.



Aquarius -9
(Jan. 20-Feb. 18)
Someone's skill level surprises you. Finish an overdue project and breathe in relief. Stand up for yourself. Don't throw money around. Today's not great for romance, but it's interesting.



Virgo -9
(Aug. 23-Sept. 22)
Make an immediate repair and save money and extraordinary hassle. Increase your equity while you're at it. Get supplies wholesale. Cut out the superfluous next week, and delegate to your team.



Pisces -9
(Feb. 19-March 20)
Show your exotic side. Practice your latest tricks. Plans may need modification. Intellect + intuition = insight. Return a question with a question... the inquiry's more satisfying than a pat answer.

Sudoku

by the Mephram Group

		7		5	6	8					
					7				3	5	
3	8								7		
1				9	4						
				6		5					
					3					9	
	1								9	7	
2	7				6						
		8	2	9			3				

LEVEL:

1234

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

Crossword

1	2	3		4	5	6	7	8		9	10	11	12
13			14		15					16			
17				18						19			
20						21			22		23		
			24		25	26				27			
28	29	30					31						
32				33		34		35				36	
37			38	39				40	41				42
	43						44				45		
		46			47	48		49		50	51		
52	53						54						
55				56					57		58	59	60
61			62		63			64	65				
66						67					68		
69						70						71	

Across

1 Tell tales
4 Animal that can learn limited sign language
9 Barely open
13 OS X-using computer
15 Invisible vibes
16 Tiny parasites
17 Project windup
19 Accident scene figs.
20 Fit to be tied
21 Romance writer
Roberts
23 Baltimore Ravens mascot
24 Subject of an antique auto owner's quest
28 Wheaties box figure
31 Take turns?
32 "Just like I said!"
33 Ambient music innovator Brian
35 Take it easy
37 Me, for one
43 Hannity of talk radio
44 "Well, of course!"
45 Washington Wizards' org.
46 Hits a high fly, in baseball lingo
49 "Supposing ..."
52 Badlands or Death

Valley
55 Brouhaha
56 "The Lion King" queen
57 Kmart section
61 "If you don't mind ..."
63 "Just in case" strategy, and a hint to a hidden letter sequence in 17-, 24-, 37- and 52-Across
66 Slaughter with 2,383 career hits
67 Vulgar language?
68 Place in order
69 "Cream of" serving
70 Overlay the part
71 Malibu mover

Down

1 "For the Game. For the World" sports org.
2 Words while ante-ing
3 Loud noise
4 Graduation flier
5 "What?"
6 Tabriz citizen
7 Bricks-and-mortar workers
8 Watch closely
9 Yard sale?
10 "The Big Bang Theory" star
11 10-Down, e.g.

DENS p1

Accommodating this growth has caused the Department of Residence to change the single rooms in Wallace and Wilson halls to doubles, use den space and add 720 beds in Frederiksen Court. Legacy tower has also been leased, as well as Maricopa and Walton in West Ames.

"We also have permission from the Board of Regents to plan for a new residence hall," Rutherford said. "That would be located near Buchanan hall."

While the process of building a new residence hall requires many stages of approval, Rutherford says the building is set to be available for the 2016-2017 school year if all goes smoothly.

However, until then, den space is being used to give students the experience and benefits of on-

campus living. West and his roommates, while thoroughly enjoying their time, have started to look towards options for next semester, as well as next year.

Housing is currently contracted on an August to May basis, but Mettry said that a semester-based contract would be more beneficial. If this were the case, he and his roommates would be searching for apartments to live together in as opposed to separate dorms.

Rutherford said the DOR realizes the inconvenience of having to start over in a different dorm at the beginning of spring semester. A trial is currently being conducted in Linden and Maple Halls, wherein students placed in dens will be able to stay there for the whole year.

The trial will provide feedback the DOR can use when determining how they can better the system,

Caitlin Ellingson/Iowa State Daily
Increased enrollment at Iowa State has forced students to live in the dens of most residence halls on Iowa State's campus. Anywhere from three to four students can be placed in a den.

and whether the current den program is effective or not. The DOR will then be able to make the necessary changes to better serve the student body.

While the DOR is working on changes to improve on-campus living, students living in dens will still have to find permanent housing

before January. Being close friends with each other as well as having made close friends in their hall, West and his roommates are reluctant to separate.


West said life in his den has been better than expected.

"I wouldn't change anything," West said.

Kelby Wingert/Iowa State Daily
Jim Mowrer talks with students outside the Margaret Sloss Women's Center due to a brief power outage on Tuesday. Mowrer is running for Congress in the midterm elections this year.

Kelby Wingert/Iowa State Daily
Sen. Tom Harkin holds up an ISU College Democrats sweatshirt given to him at a voting rally at the Margaret Sloss Women's Center on campus on Tuesday.

Kelby Wingert/Iowa State Daily
A student takes a Snapchat photo of Sen. Tom Harkin at a voting rally at the Margaret Sloss Women's Center on Tuesday. Harkin was in town to rally voters and campaign for Bruce Braley.



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RALLY p1

dents about why he believes the democratic candidates are the future of Iowa.

He said that the Democratic Party has the best interests in mind for students because they have invested in education by proposing Pell grants and fighting for affordable tuition.

"This country doesn't remain the greatest nation on earth if we don't continue to have the best higher education. We have to continue to advance," Mowrer said.

Harkin agreed, also saying that Iowa State students have had a history of being invested in politics and their futures.

The first time Harkin got a seat in Congress, Iowa State students had run his campaign in the 70s and supported him by voting.

"All the people on my campaign were students. The students at Iowa State put me in Congress. Of course it was other people too, but it was the students who really worked and got the votes out," Harkin said.

He also mentioned the importance of voting for candidates in Iowa instead of students voting with absentee ballots. Students at Iowa State are here for four years, and there are many people in government to represent them and fight for their needs as students, he said.

"You have a lot of power here to decide this election," Harkin said.